

The Leadership Project and the
International Network toward Alternatives and Recovery presents
International RECOVERY Perspectives:
Action on Alternatives

Critical and creative exploration of leading edge approaches in Mental Health Recovery

Hart House - University of Toronto - Toronto – Ontario
Thursday, June 5 and Friday, June 6, 2008

The conference will include these workshops:

- First Admission: Treatment or Trauma?
- Psychotherapy and Extreme States of Distress
- Subjective Experiences of Psychosis
- Diversity and Mental Health: Margins to Mainstream
- Critical Psychiatry – Promoting/Developing Alternatives
- Trialogue Experience: Consequences for Daily Practice
- Creating Public-Funded Peer-Run Alternatives
- The Icarus Project
- Wellness and Recovery: It's a WRAP
- Peers in the Workplace: Realizing the Potential
- Peer Leadership and Ownership of Research
- Indigenous Healing as a Self-Recovery Method
- Soteria – A Model for Recovery Communities
- Tuning Into and Making Meaning out of Madness
- How Do We Work Together for Mutual Recovery
- Windhorse Natural Teams
- Surviving, Thriving, Giving Back!
- Alternatives and Recovery Beyond Psychiatry
- The Alternative Potential of Non-Psychiatric Services
- Harm Reduction Guide: Coming Off Psychiatric Drugs
- Gaining Autonomy with Medication (GAM)

and others ...

The PSY'COZY'UM, a free **Consumer/Survivor only**
Pre-Conference Day on the 4th of June 2008 at the
May Robinson Auditorium, for more information e-
mail heinz_klein@hotmail.com

For more information and a full
Registration Package contact: **Brian**
McKinnon at bmckinnon@iprimus.ca
or 416 285 7996 extension 227

International Speakers:

Paddy **McGowan** (IRE)
Dr Philip **Thomas** MD (UK)
Peter **Lehmann** (GER)
Dr Johan **Cullberg** MD PhD (SWE)
Dan **Taylor** (Ghana)
Bhargavi **Davar** (India)
Stephen **Pocklington** (USA)
Dr Peter **Stastny** MD (USA)
Dr Norma **Friedman** PhD (USA)
Dr David **Cameron** PhD (IRE)
Jim **Gottstein** Esq. (USA)
Celia **Brown** (USA)
Will **Hall** (USA)
Jasna **Russo** (GER)
Oryx **Cohen** (USA)
Dr Ron **Bassman** PhD (USA)
Dr Thomas **Bock** PhD (GER)
Ron **Unger** (USA)
Dr Jan **Wallcraft** PhD (UK)
Anne Marie **DiGiacomo** (USA)
Voyce **Hendrix** (USA)
Liam **MacGabhann** (IRE)
Darby **Penney** (USA)
Jim **Walsh** (IRE)
Molly **Sprengelmeyer** (USA)
Elise **White** (USA)

Community Resource
Connections of Toronto,
Alternatives and the Family
Outreach and Response
Program are sponsoring this
conference.

Full Conference Cost \$ 300.00

The
Leadership
Project



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INTAR – International Network Toward Alternatives and Recovery



International **Recovery** Perspectives: **Action on Alternatives**

Critical and Creative Exploration of Groundbreaking Approaches in Mental Health Recovery

Hart House – 7 Hart House Circle, University of Toronto, Toronto – Ontario

Thursday, June 5th and Friday, June 6th 2008

The “**International Recovery Perspectives: Action on Alternatives**” conference offers participants an opportunity to hear from distinguished clinical practitioners, researchers, advocates, authors and activists who are renowned for their work in alternatives for recovery. The conference is a collaborative initiative between the Leadership Project (Toronto) and the International Network Toward Alternatives and Recovery (INTAR). This is a rare opportunity for Ontarians and our neighbours to meet with, and hear from the members of INTAR and the other international guests who are working to create alternatives to psychiatric treatment, and who are pressing for meaningful change at the local, national and now, international levels.

The conference themes aim to:

- affirm that people with serious mental health problems can, and do recover;
- address new ways of thinking about, and therapeutically responding to ‘psychosis’;
- consider the ‘caring community’ as the basis for creating and nurturing alternative supports;
- create a critical dialogue about the excessive use of medication and the neglect of psychology, especially as it relates to the increased focus on youth;
- critique the emergent ‘first episode’ service modality and pose alternative approaches that support choice, empowerment and wellness/recovery;
- highlight the need for a harm reduction relationship with traditional psychiatry, one that asserts the need for consent, choice and autonomy;
- address the progressive alliances being built amongst consumers/survivors, families, and service providers who are cooperating to improve mental health services;
- examine peer support/wellness as the emergent ‘best practice’ in mental health and consider strategies for broader acceptance and funding of peer support/services;
- show the vital interconnection between the human sciences, advocacy and activism;
- pose community development, advocacy and anti-oppression as defining characteristics of an alternative treatment resource/service;
- provide a platform for critical psychiatry with the view to a new practice that is more reflexive, less defensive, more compassionate and less imperious;
- call for mental health care that is respectful, non-coercive and anti-oppressive; and,
- celebrate the spirit and resilience of the people who ‘survive, thrive and give back’.

About the Leadership Project

The **Leadership Project** started in 1999 with the promotion of leadership within the Consumer/Survivor and Family communities. Our main goal is the promotion and the enhancement of a 'Recovery' vision for the mental health system, and by consumers, survivors, family members and providers in Ontario. The Leadership Project organizes recovery vision conferences, presentations and workshops that are facilitated in partnership through psychiatric survivors, families and service providers.

The members of the Leadership Project are all people with personal or family experience of mental health recovery.

The current members of our group are **Karyn Baker**, **Krista MacKinnon** and **Emily Collette** from the Family Outreach and Response Program, **Brian McKinnon** from Alternatives, **Leslie Morris** from Community Resource Connections of Toronto, **Mel Starkman** with the 'Friendly Spike Theatre Band' and the 'Psychiatric Survivor Archives of Toronto' and **Heinz Klein**, courtesy of the 'ILSD'.

Members of the Leadership Project are grateful for the opportunity to work closely with members of INTAR, Dr **Ron Bassman**, Dr **Peter Stastny** and Dr **Norma Friedman**, to present a conference that promises to be a provocative and rewarding learning experience.

Introducing INTAR

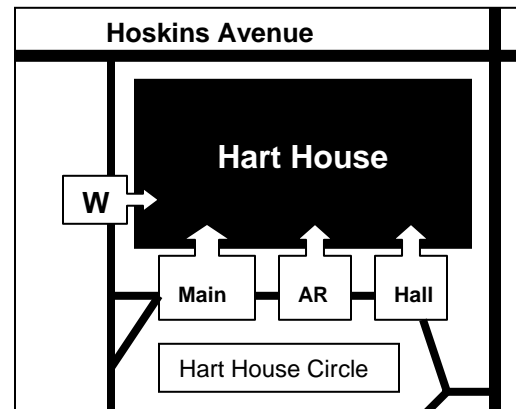
The **International Network Toward Alternatives and Recovery** is an international summit of world renowned survivor leaders, psychiatrists, psychologists, family members, and other mental health professionals who meet annually to counter the belief that people with diagnoses such as schizophrenia or bipolar disorder can never completely recover.

INTAR believes that the dignity and autonomy of the person in crisis are of the utmost importance, that full recovery from distressing/alterd mental states is possible, and that these two convictions should shape the social response. For these reasons, we find established psychiatry and public mental health systems in which many of us work, seek (or have been forced to seek) treatment (for ourselves or our loved ones) and do research, to be deficient. Instead, we seek, and some of us provide, alternative settings where people in crisis can find the care, connectedness, respect, and interventions they need and elect to use. Our backgrounds range widely, from peer/user organizing to biomedicine and psychoanalytic training to Eastern meditative disciplines to family advocacy to academic research. But we are, each of us, committed to building safe spaces and positive relationships, wherein the ordeal presented by extreme states of mind can be met with proven tools and seasoned presence. This includes people who have been through it before and know how to offer the steadfast support needed. As an international network, we undertake to document the effectiveness of such alternatives, to refine and expand their use, and to make them more accessible to people who need them.

W = Wheelchair Access
M = Main Entrance
Hall = Entrance to Great Hall
AR = Arbour Room Cafeteria

University of Toronto
Hart House

Access Description





Conference Workshop Schedule

(Subject to change)

Thursday, June 5, 2008 – Hart House – University of Toronto (Day 1)		
9:00 – 9:45 am Keynote	“Surviving, Thriving, Giving Back!” Ron Bassman Survivor/Psychologist (USA)	
9:45 – 11:00 am Panel / Plenary	Deconstructing Psychosis: New Perspectives on Psychosis and Alternatives	
11:00 – 11:15 pm	Break	
Workshop 1 11:15 – 12:15 pm	Workshop 2 11:15 – 12:15 pm	Workshop 3 11:15 – 12:15 pm
Will Hall (USA) and Molly Sprengelmeyer (USA) “The Icarus Project: Creating Mutual Support Communities”	Stephen Pocklington (USA) “Wellness and Recovery: It’s a WRAP!”	Dan Taylor (Ghana) “Family and Community Roles in Alternatives”
12:15 - 1:15 pm	Lunch	
Workshop 4 1:15 – 2:45 pm	Workshop 5 1:15 – 2:45 pm	Workshop 6 1:15 – 2:45 pm
Johan Cullberg (Sweden) “Subjective Experiences of Psychosis – Integrating Psychodynamic Understanding with Clinical and Medical Knowledge”	Philip Thomas (UK) Kwame McKenzie (CAN) “Values, Culture and Mental Health”	Ron Bassman (USA), Darby Penney (USA) and Celia Brown (USA) “Peers In the Workplace: Realizing the Potential”
2:45 – 3:00 pm	Break	
Workshop 7 3:00 – 4:30 pm	Workshop 8 3:00 – 4:30 pm	Workshop 9 3:00 – 4:30 pm
Peter Lehmann (Germany) “Alternatives and Recovery Beyond Psychiatry” Jasna Russo (Germany) “The Alternative Potential of Non-Psychiatric Service”	Voyce Hendrix (USA), Jim Gottstein (USA) and Philip Thomas (UK) “Soteria – The Proven Model for Recovery Communities”	Thomas Bock (Germany) with Peter Stastny (USA) “The Triologue Experience (psychosis-experienced people, families/friends, and professionals): Its Consequences for the Illness-Concept and Daily Practice”
4:30 – 6:00 pm	Conference Social Event and Networking	

Friday, June 6, 2008 – Hart House – University of Toronto (Day 2)			
9:00 – 10:30 am Panel / Plenary	Making a Difference Early On: Alternatives and Prevention		
10:30 - 10:45 am	Break		
Workshop 10 10:45 – 12:15 pm	Workshop 11 10:45 – 12:15 pm	Workshop 12 10:45 – 12:15 pm	Workshop 13 10:45 – 12:15 pm
Ann Thompson (CAN), Tanya Shute (CAN), Kate Storey (CAN) and Stephen Pocklington (USA) “Building a Culture of Recovery in Central East Ontario”	Jim Gottstein (USA) “Advocacy and the Transformation Triangle”	Paddy McGowan (Ireland) and David Cameron (Ireland) “A Relational-Recovery Oriented Perspective of the Psychotic Experience: Tuning Into and Making Meaning Out of “Madness” – A Virtual Reality Workshop”	Ron Unger (USA) “Practical, Respectful, Evidence-Based Psychotherapy with Paranoia, Voices, and Extreme Beliefs: The Cognitive Approach”
12:15 – 1:15 pm	Lunch		
Workshop 14 1:15 – 2:30 pm	Workshop 15 1:15 – 2:30 pm	Workshop 16 1:15 – 2:30 pm	Workshop 17 1:15 – 2:30 pm
Anne Marie DiGiacomo (USA), Norma Friedman (USA), Eric Friedland- Kays (USA) and Elise White (USA) “Windhorse and Natural Teams”	Jasna Russo (Germany) and Jan Wallcraft (UK) "Consumer/Survivor Controlled Research: Moving from 'Expert by Experience' to Expert"	Will Hall (USA) “Harm Reduction Guide to Coming off Psychiatric Drugs” Céline Cyr (Quebec CAN) “GAM – A Global Approach to Psychiatric Medication for Individual and Collective Transformation”	Liam MacGabhann (Ireland), Jim Walsh (Ireland) and Paddy McGowan (Ireland) “Learning Together, Changing Together: Users, Families, Providers Cooperating to Improve Mental Health Services”
2:30 – 2:45 pm	Break		
Workshop 18 2:45 – 4:00 pm	Workshop 19 2:45 – 4:00 pm	Workshop 20 2:45 – 4:00 pm	Workshop 21 2:45 – 4:00 pm
Jan Wallcraft (UK) “First Admission: Treatment or Trauma? Towards an Evidence- Based Best Practice”	Bhargavi Davar (India) “Indigenous Healing as a Self-Recovery Method”	Will Hall (USA) “Acupuncture”	Oryx Cohen (USA) “Creating Public- Funded Peer-Run Alternatives with Integrity”
4:00 – 5:00 pm Panel/Plenary	Action on Alternatives		

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Workshop Descriptions

Workshop 1

"The Icarus Project: Creating Mutual Support Communities"

Will Hall (USA) and **Molly Sprengelmeyer** (USA)

Icarus Project members Molly Sprengelmeyer of the Asheville North Carolina Radical Mental Health Collective and Will Hall of Northampton Massachusetts' Freedom Center discuss their work supporting people through crisis and recovery. How does the inner experience of madness relate to an outer world torn by war, poverty, and ecological destruction? In a world gone mad, how are mental health issues related to new wider efforts towards mutual aid and community self-reliance?

Workshop 2

"Wellness and Recovery: It's a WRAP!"

Stephen Pocklington (USA)

Stephen will present an overview of key recovery concepts and WRAP (Wellness Recovery Action Plan) in light of the social construction of mental illness and its implications for system transformation.

Workshop 3

"Family and Community Roles in Alternatives"

Dan Taylor (Ghana)

Against the background of what my organization, MindFreedom Ghana (MFGh) is committed to in its vision and activities, we deem it very significant that alternatives in psychiatry and recovery need to be encouraged and practiced widely within the community and among our families and networks of support. Very much concerned about human rights violations and other forms of mistreatments against patients at psychiatric hospitals, MFGh is fully committed to community mental care which we believe is the therapeutic imperative in the treatment of mental disorders. On counselling and home visits which MFGh members undertake we frequently identify a causal root of the problem, and suggest preventive and remedial measures to elicit support, love and care for their conditions. With the extended family system widely practiced in Ghana and most African countries, the community in which people live is the vital ground of their potential recovery. In the circumstance of mental distress, such persons need care, love, concern and support from the members of their family, which is their community. Throughout Ghanaian society, one has the parents, grandparents, siblings, uncles, aunts, cousins and even friends to talk to about one's problems and expect some workable solutions to be prescribed. There is no doubt that such practices in the communities go a long way to address mental problems which ultimately avert cases getting worse and being sent to the psychiatric hospitals. Seeing the community as a very unique place where persons

with mental disorders can look for various forms of support, prevention and recovery is a fact which must be hammered. We therefore view the foregoing instances as effective and good practices that are, and should be considered as alternatives to psychiatry.

Workshop 4

“Subjective Experiences of Psychosis – Integrating Psychodynamic Understanding with Clinical and Medical Knowledge”

Dr **Johann Cullberg** (Sweden)

Dr Cullberg will give an introduction to the subjective experiences of psychosis, including the different phases of psychotic illness. The link between psychosis and stress is an important and sometimes forgotten issue. He will discuss clinical implications of different kinds of vulnerability to psychosis: an affective and a cognitive vulnerability. How can the different psychotherapy schools be integrated and what are their goals? Medication is an important but often overused or misused remedy for psychosis. How shall we understand its pharmacological and psychological actions and how can it be used? A humanistic view of psychosis does not need to conflict with biological knowledge. How far can we succeed in treating psychotic persons?

Workshop 5

“Values, Culture and Mental Health”

Dr **Philip Thomas** (UK) and Dr **Kwame McKenzie** (CAN)

Recent work in philosophy and anthropology has drawn attention to the importance of values in understanding concepts of health and illness. Values-based practice is increasingly used to complement evidence-based practice, because values represent the uniqueness of the individual patient’s preferences. Taking the individual’s values into account in treatment decisions has a number of benefits, including greater satisfaction with services, and less conflict. This is particularly important in mental health, where significant differences exist between service users’ and survivors’ understandings of distress, and those of carers and mental health professionals. These differences can give rise to conflict and coercion. This workshop will provide participants with a basic understanding of the role of values in mental health, specifically in relation to cultural difference, which has a powerful influence on values.

This workshop, which will include presentations, exercises and fictional case-vignettes, has the following objectives: Explore what we understand by values; understand the difference between values and facts (evidence); and understand how values and culture influence our understanding of mental health.

Workshop 6

“Peers In the Workplace: Realizing the Potential”

Dr **Ronald Bassman** (USA), **Darby Penney** (USA) and **Celia Brown** (USA)

Users/survivors are working in various roles in the mainstream mental health workforce in many places; this raises questions about realizing the promise of peer support while avoiding the pitfalls of co-optation. User/survivor staff can bring valuable experiential knowledge into the system, but they can also be slotted into quasi-professional roles that replicate the system’s typical staff/user power imbalances. Is there a way to work as peers within the system without losing one’s integrity or being demoralized?

Drawing on their experience in implementing the first civil service peer specialist positions in New York State, the presenters will discuss the complicated matter of how (and if) peer expertise can be used successfully within an often oppressive system. Based on their own successes and failures (and with the benefit of more than a decade’s hindsight), they will look at some of the problems inherent in trying to bring alternative peer perspectives into an entrenched service system.

In dialogue with each other and the participants, the presenters will address issues including: designing peer positions to maximize experiential knowledge and peer support; educating non-peer staff on how to work effectively with peers; recognizing and avoiding co-optation; pitfalls of advocating within a system that pays your salary; preparation, training and education in alternative models (for peer and non-peer staff); maintaining one’s identity and resisting pressure to slide into an authoritarian role and opportunities for career advancement; maintaining your values and passion and establishing credibility through writing, documenting and publishing.

Workshop 7 a

“Alternatives and Recovery Beyond Psychiatry”

Peter Lehmann (Germany)

Context: A positive connotation of hope is common to all users of the term “Recovery” and by those critical of psychiatry and by psychiatrists. But the term has different implications. For some, recovery means recovering from mental illness, reduction of symptoms or cure. Others use it to signify an abatement of unwanted effects of psychiatric drugs after their discontinuation, the regaining of freedom after leaving the mental health system, or “being rescued from the swamp of psychiatry.” Psychiatrists like to keep their eyes locked up about this last unpleasant fact.

Objectives: This lecture will raise awareness about the problem, that disability can be produced by psychiatric treatment, for example by neuroleptics in the form of tardive dyskinesia or tardive psychoses. But world-wide there are proven drug-free support systems and approaches which enhance self-help abilities and provide support to enable people to care for themselves, which would eliminate any possibility of iatrogenic harm.

Key Message: There are people with positive experiences of people with emotional distress, who recover in alternatives beyond psychiatry, by coming off psychiatric drugs and leaving the psychiatric field. Disregarding these experiences, by ideological reasons or omission of continuing training, is a medical malpractice.

Conclusion: Psychosocial professionals should engage users and survivors of psychiatry who recovered from their emotional problems and from psychiatric treatment as trainers. And - fitting to a society which claims to be democratic – freedom of choice and alternatives beyond psychiatry should be available.

Workshop 7 b

“The Alternative Potential of Non-Psychiatric Service”

Jasna Russo (Germany)

People’s crises do not come from their genetic code or from nowhere. In every crisis there is a past or present problem or a combination of both which can bring people to different emotional states or states of mind. The psychiatric intervention concentrates on these states without addressing or dealing with the content of the crisis. Psychiatric diagnosis and medication are treatment options. These do not provide good accommodation, education, and protection from violence, job opportunities or simply the space to reflect on what is going on and to find solutions. But this kind of help can be found outside of the psychiatric field, in services whose primary task is not to diagnose and medicate. This presentation will show how different services not connected to social psychiatry can provide alternatives to psychiatric treatment when they accept people with a psychiatric background as their clients.

Workshop 8

“Soteria – the proven model for recovery communities”

Voyce Hendrix (USA), **Jim Gottstein** Esq. (USA) and Dr **Philip Thomas** (UK)

Voyce Hendrix, Jim Gottstein and Dr Philip Thomas will present on the Soteria model and its evolutionary process that made Soteria successful in helping individuals through the altered states of consciousness to fully functioning members of the community. There will be some discussion on what are seen as the essential components of the Soteria model. A major focus will be directed to the community that evolved and became a critical part of the success of the project both for the ex-residents, staff and volunteers.

Workshop 9

“The Trialogue Experience (psychosis-experienced people, families/friends, and professionals): Its Consequences for the Illness-Concept and Daily Practice”

Dr **Thomas Bock** (Germany) with Dr **Peter Stastny** (USA)

Dr Thomas Bock will speak to the “trialogue-experience” and its consequences for the illness-concept and daily-practice. He will describe the development of the first “Psychosis-seminar” and the triologue movement, which involves psychosis-experienced people, their relatives/friends, and professionals meeting and discussing issues and questions concerning psychosis. The approach demonstrates that everybody is considered an expert of their own experience and acknowledges each other’s differences. The triologue discussion addresses the individual effects of psychosis and how to recover the anthropological point of view against the dominance of pathological thinking. The triologue discussion also addresses the structural and political consequences, and how to develop the triologue on several levels. Dr Bock will also address his unique interpretation of “stubbornness”, or as it is termed in German, “Eigensinn”.

Workshop 10

“Building a Culture of Recovery in Central East Ontario”

Ann Thompson (CAN), **Tanya Shute** (CAN), **Kate Storey** (CAN) and **Stephen Pocklington** (USA)

This presentation will outline a year long pilot project which has recently been implemented in Central East Ontario. The project's focus is a systemic implementation of mental health recovery education and peer support throughout the area, with the goal to create an environment that will nurture a culture of recovery. It features training for consumer/survivors through three distinct recovery-based programs - Like Minds, WRAP (Wellness Recovery Action Planning) and Pathways to Recovery. Recovery education for mainstream providers is offered in two consecutive workshops - an "Introduction to Mental Health Recovery" and "Exploring Recovery Practice and Next Steps". A public education tool was produced to address discrimination in mental health - a documentary called "Extra Ordinary People" by Laura Sky and Skyworks. And finally a Recovery Clearing House and website have been created to support the project and an impact evaluation component built in to provide feedback.

Workshop 11

“Advocacy and the Transformation Triangle”

Jim Gottstein Esq. (USA)

During the Advocacy and the Transformation Triangle discussion, Jim Gottstein will present the role that legal challenges to the way involuntary "treatment" is imposed can play in creating alternatives to the current coercive medical model. He will also discuss how legal challenges, public education and the creation of alternatives can all reinforce each other to bring about true system change. Mr. Gottstein will illustrate this with PsychRights' strategic litigation campaign, which has already resulted in two cases that have been hailed as landmarks and other efforts in Alaska which have resulted in the widespread belief that alternatives to the drugs should be available. Mr. Gottstein will invite discussion, particularly as to how the approach might be implemented in Canada and other countries.

Workshop 12

“A Relational-Recovery Oriented Perspective of the Psychotic Experience: Tuning Into and Making Meaning Out of “Madness” – A Virtual Reality Workshop”

Paddy McGowan (Ireland) and Dr **David Cameron** (Ireland)

Working from the premise that schizophrenia is best viewed as an essentially contested concept the workshop argues that the causal attributions made, and the search for meaning of impending "madness" by someone labelled the "patient" and someone called the "practitioner" are important factors which mediate recovery. The workshop is informed by the unique blend-synthesis of the lived learned experiences and meeting of minds of (1) an individual whose voice hearing experiences were synonymous with being diagnosed with schizophrenia from which he recovered with the help of professionals and survivors and (2) a psychologist who worked for ten-years in residential therapeutic communities with people whose voice hearing experiences and associated internal and external distress were synonymous with a diagnosis of schizophrenia. The workshop draws on, integrates and assigns equal weight and validity to these overlapping yet different perspectives giving foremost authority to the subjective experience of the person who owns the experience, as well as their attempts to make sense of them. The workshop has three inter-related dimensions. The first virtual reality component uses special audio-visual effects alongside interactive exercises to replicate-authenticate and in some instances activate or reactivate the internal and external trauma and distress of a "voice hearing" experience. The second component outlines and examines the theoretical and clinical implications of the robust relationship between childhood sexual abuse and / or childhood physical abuse and psychotic experiences. Finally, the third component uses case material to outline an alternative framework for accepting, thinking about and working with so-called psychotic experiences.

Workshop 13

“Practical, Respectful, Evidence-Based Psychotherapy with Paranoia, Voices, and Extreme Beliefs: the Cognitive Approach”

Ron Unger (USA)

Conventional mental health treatment creates a polarized confrontation between mental health "experts" and a person who is asked to accept a "mentally ill" identity. Cognitive therapy for psychosis is different: it emphasizes a collaborative relationship focused on exploration of what is happening rather than pressure to accept conclusions imposed by a more powerful party. Experiences are "normalized" by noticing the connections between everyday psychological difficulties and more extreme ones, and by exploring the way extreme experiences can naturally emerge from life stories which often

include significant trauma. Evidence for beliefs and alternative explanations for experiences are jointly explored, alternative behaviours are tested and less problematic ways of thinking and behaving can be discovered. Those being helped are seen as active problem solvers capable of making decisions that reduce “psychotic symptoms,” and as active participants in a journey toward recovery. In this workshop, you will learn the basic perspectives and strategies of cognitive therapy for psychosis. Then, we’ll discuss stages of system change, from introducing this method into a conventional mental health system to using it as a key component in replacing the biomedical model with a humanistic, multi-factorial approach.

Workshop 14

“Windhorse and Natural Teams”

Anne Marie DiGiacomo, Dr Norma Friedman, Eric Friedland-Kays and Elise White (All USA)

A diverse panel describes principles and practices of the Windhorse communities of Northampton and Boulder. Different organizational structures, business models, and locations are discussed. We share how each looks and feels from different perspectives while continually exploring a more expansive voice of healing. A variety of underlying principles are addressed, including, but not limited to mutual recovery, recovery is possible, whole person approach, islands of clarity, basic attendance, mutual learning, asylum awareness, and contemplative practices used.

We will explore how non-professionals may come together, along with professionals, and provide low-cost, effective support for those in recovery from distressing states of mind. We will discuss how the foundational Windhorse practice of “basic attendance” can provide a common ground of practice for a natural team. These skills can be learned and practiced by both professionals and non-professionals alike. Professionals may include: a psychiatrist, a psychotherapist, and a team leader. Non-professionals may include: family members, friends, housemates, neighbours, peer support, and other volunteers.

We will present ways in which such a natural team may be created, what the different roles of team members might be, and how such a team can come together regularly and establish effective working relationships in service to the recovery and well being of all team members.

Workshop 15

"Consumer/Survivor Controlled Research: Moving On from Experts By Experience to Experts"

Jasna Russo (Germany) with Dr **Jan Wallcraft** (UK)

Different theories of psychosis as well as its treatment options continue to be marketed. Even when these come close to our experiences they never come from us. The priorities of the consumer/survivor movement remain real life topics like human rights and fighting coercion or different ways to influence psychiatry. When exchanging our knowledge and experiences we rarely have peace and resources to deepen them and turn them into theories. But clinical academics do and they profit from this situation. Although the number of various types of research partnerships with us grows - they remain the experts and we may assist them as experts by experience. The presentation will argue the necessity of creating our own theoretical framework for re-thinking madness as well as creating an evidence base of non-psychiatric approaches. The possibilities of power-sharing and a better partnership culture will also be explored.

Workshop 16 a

“Harm Reduction Guide to Coming Off Psychiatric Drugs”

Will Hall (USA)

A presentation by Will Hall on the new publication “Harm Reduction Guide to Coming off Psychiatric Drugs”, published by Freedom Center and the Icarus Project, including editorial advisor involvement from several INTAR members. The presentation will cover key research findings, important lessons learned, and the important educational stance needed in approaching this issue in clinical settings and in general public, as well as discussing important controversies and difficulties in this area.

Workshop 16 b

“GAM – A Global Approach to Psychiatric Medication”

Céline Cyr (Quebec CAN)

GAM stands for “Gaining Autonomy with my Medication”. GAM is a novel idea and endeavour developed by people who live with or have lived with mental health problems, and by advocacy/alternative mental health groups in Québec. At the level of the individual, GAM is first and foremost a process of learning and understanding medication and its effects on all aspects of the person’s life. It is a process of questioning one’s needs and wants with respect to psychiatric medication. At a more collective level, GAM is about our experience in integrating this approach in various community agencies and hospitals. Highlights of 15 years of GAM development will be covered: description & tools; research results; and factors that facilitated its implementation.

Workshop 17

“Learning Together, Changing Together: Users, Families, Providers Cooperating to Improve Mental Health Services”

Liam MacGabhann (Ireland), Jim Walsh (Ireland) and Paddy McGowan (Ireland)

The presenters will discuss a paper about a collaborative venture seeking to move mental health service provision beyond rhetoric, aspiration policies and competing agendas. All too frequently ‘partnership’ remains a buzzword for what good mental health services should aspire to, and most services might enshrine ‘recovery oriented care’, as one of the underpinning organisational values. Yet there are other parallel processes being played out that calls into question the possibility of ‘partnership’ and ‘recovery orientation’. In our modern day ‘anti-psychiatry’ movements trying to disrupt the status quo, we have polar positions being taken. User ‘led’ services and research in an attempt to redress the balance; ‘Post-psychiatry’, maintaining a semblance of order in a twenty first century world; and ‘Evidence Based Practice’ versus ‘Values Based Practice’ towards conflicting needs in mental health service provision.

The authors from Dublin City University, in partnership with representative of the Irish Health Service Executive and in association with the International Initiative for Mental Health Leadership, have developed an educational service development programme; ‘Cooperative Learning: Service Improvement Leadership for Mental Health Service Users, Carers & Service Providers’. The programme requires teams of three (service user, carer, service provider), to commit to implementing a service improvement with the explicit support of a designated senior manager.

Workshop 18

“First Admission: Treatment or Trauma? Towards an Evidence-Based Best Practice”

Dr Jan Wallcraft (UK)

Experiences of first admissions to psychiatric hospital in crisis: there is now a huge volume of narrative evidence that hospitals are not seen as places of healing, but often increase the trauma and make recovery less likely. Survivors/ex-patients have called for crisis centres led by people with direct personal experience and evidence shows that these can work well. In this workshop there will be an overview of narrative evidence for the failure of traditional hospitals to enable recovery, and of a range of alternative models developed by survivors/ex-patients in the UK. Also, the argument will be proposed that survivors and allies in the professions are creating an alternative discourse, world-view of paradigm to challenge the dominant biomedical model of psychiatry.

Workshop 19

“Indigenous Healing as a Self-Recovery Method”

Bhargavi Davar (India)

India has a rich culture of local or indigenous healing practices. People who access these healers or healing centers are roped into psychiatry. They are seen as having a mental illness. Also, they are seen as superstitious and afflicted by blind faith. We have studied over 25 healing shrines in Maharashtra, a state in the west of India. While the subject of witchcraft remains controversial in the west, in India it is widely accepted as a metaphor for expressing distress. Possession and trancing are also widely used mechanisms for giving relief to mental distress, particularly for women and low caste groups. I would like to present some of my study findings on this subject, using two films and many photographs which we have made during the research. I will focus on some aspects, such as the role of nature, music, etc. in making my presentation.

Workshop 20

"Ear Acupuncture: A Group Treatment and A Successful Free Clinic"

Will Hall (USA)

Will Hall is a certified auricular acupuncturist and will discuss the history and clinical effectiveness of the NADA ear acupuncture protocol used around the world, describe the successes of the Northampton Freedom Center free weekly clinic, and explore the usefulness of this treatment approach in clinical settings for emotional distress labelled as psychosis and is especially effective in interrupting sleep deprivation. The workshop will include a group demonstration of the treatment for all participants so they can feel for themselves the relaxing, beneficial effects and also the ease with which the treatment is administered. This workshop was a huge success in INTAR '07.

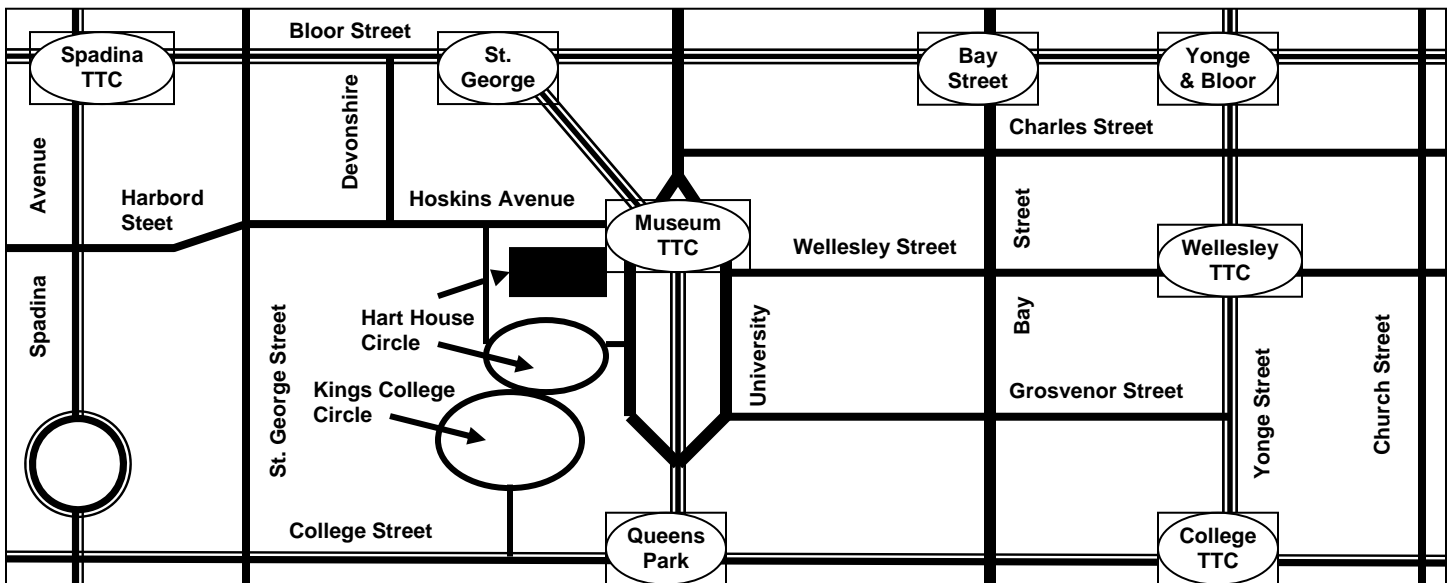
Workshop 21

"Creating Public-Funded Peer-Run Alternatives with Integrity"

Oryx Cohen (USA)

This workshop will explore the challenges of creating effective alternatives to the mainstream bio-psychiatric model using public funds. The presentation will use the newly formed Recovery Learning Community in Massachusetts as an example of the possibilities. Issues to be covered will include the importance of having connections and allies within the system, maintaining integrity, balancing multiple perspectives, values and principles to stick to, and how to decide what exactly to do. The Recovery Learning Community is entirely peer-run and features a resource connection center open 5 days per week with a computer lab, library, and community wellness room. There are several activities going on daily including free yoga, acupuncture, music, access to legal advocacy, movie nights, community events, potlucks, and a whole lot more. Differences between our peer-run model and the mainstream model will be discussed. We will also address specific challenges presented by being funded by the empire.

Toronto Travel Directions for Conference Participants



The Leadership Project



&

INTAR – International Network Toward Alternatives and Recovery



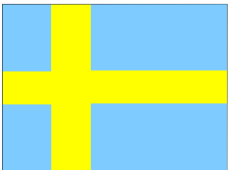
International **Recovery** Perspectives: Action on Alternatives

Critical and Creative Exploration of Groundbreaking Approaches in Mental Health Recovery

Hart House – 7 Hart House Circle, University of Toronto, Toronto – Ontario

Thursday, June 5th and Friday, June 6th 2008

Introduction of our Presenters:



SWEDEN

Dr **Johan Cullberg** MD PhD

As a retired professor of Psychiatry, he is now active at the Ersta Sköndal University College in Stockholm. He was born 1934, has four children and received his psychoanalytic training in the 1960ies. He wrote in 1972 his doctoral thesis in psycho-endocrinology, and served as leader of several social-psychiatric research projects. In the 20 years he has worked with first episode psychosis projects, including “The Parachute project”. He is the President of the 10th ISPS symposium in Stockholm in 1991 and chairman for the ISPS international 1990-1997. He has written several text-books, among which “Psychosis – an integrative view” was translated in English (Routledge 2006).



INDIA

Bhargavi Davar

Bhargavi is a survivor of psychiatry from India, works as a researcher and writer, with books published from Sage Publications on women’s mental health. She is a Director of the Bapu Trust, India, which is devoted to national level advocacy on human rights in mental health. She has facilitated the development of alternative mental health thinking in services as well as policy. She is very serious about her own self recovery practices.



GHANA

Dan Taylor

Dan was born in 1963, grew up and is still living in Accra, Ghana. He has a diploma in Journalism and Marketing and became in 2004 a co-founder of MindFreedom Ghana to fight for human rights and better living and treatment conditions for users and survivors of psychiatry. He has published articles in Ghanaian newspapers and abroad, organized symposia on prevention and rehabilitation in the mental health field, is engaged in radio and TV shows, and organized in 2006 a protest march against human rights abuses and stigma in psychiatry in Accra with 350 people. Dan calls for support and assistance to accentuate and strengthen the work of MindFreedom Ghana in a developing country like Ghana.



UNITED KINGDOM

Dr Philip Thomas MD

Philip is Professor of Philosophy Diversity and Mental Health in the Centre for Ethnicity and Health in the University of Central Lancashire, and Chair of Sharing Voices Bradford a community development project working with Bradford's diverse communities in the field of mental health. He worked in the National Health Service as a consultant psychiatrist for over 20 years, but in 2004 changed careers, stopping clinical work to focus on academic work and community development with SVB. He is committed to community development and critical approaches to diversity in responding to the mental health needs of all communities. His academic interests include post-structuralism and critical approaches to narrative.



UNITED KINGDOM

Dr Jan Wallcraft PhD

Jan has been an activist in the mental health system survivor movement in the UK since the mid 1980s, and has become a mental health researcher and program manager, mainly in service user led projects within mental health voluntary sector and government agencies. Her particular research areas are holistic therapies, crisis alternatives, the survivor movement and survivor/service user involvement in research. She believes survivors need to create our own scientific research methods based on empowerment and self-definition.



GERMANY

Dr Thomas Bock PhD

Thomas was born 1954 and is married with three children. He is a Professor of clinical psychology and social psychiatry at the University Clinic of Hamburg. He is the leader of a big out-door-service, and is the cofounder of the "psychosis-seminar" and "trialogue movement" and is engaged in an anti-stigma-campaign. His scientific work includes many publications about trialogue, the subjective aspects of schizophrenia, psychotherapy of bipolar disorder, and untreated patients. He is an author of child specialist books.



EUROPE

Peter Lehmann

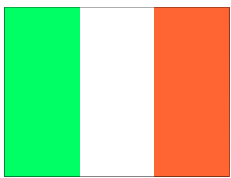
Peter is a publisher, survivor of psychiatry, and is living in Berlin. He serves as board-member of the European Network of (ex-) Users and Survivors of Psychiatry. His English publications include, 'Coming off Psychiatric Drugs: Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine and Tranquilizers', edited in 2004; 'Alternatives Beyond Psychiatry' edited in 2007 together with Peter Stastny. More at www.peter-lehmann.de/inter



GERMANY

Jasna Russo

Jasna comes from former Yugoslavia, where she experienced psychiatry. She graduated in clinical psychology, lives in Berlin and works in the survivor-led organization 'In Any Case'. She serves as a board member of European Network of (ex) Users and Survivors of Psychiatry and has published papers in Germany and UK. Her research reports include 'Taking a Stand: Homelessness and Psychiatry from Survivors' Perspective' (together with T. Fink, Berlin 2003); 'From One's Own Perspective: Users' Experiences of Person Centred Care' (together with F. Scheibe and A. K. Lorenz, Berlin 2007). She currently works on research about informed consent for a clinical study as experienced by participants (for Service User Research Enterprise at the Institute of Psychiatry, Kings College, London).

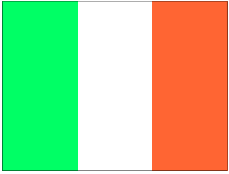


IRELAND

Jim Walsh

Jim used mental health services for approximately 14 years. During that time he became actively involved in various mental health initiatives set up with the specific aim to improve the status of people experiencing psychological and emotional distress within mental health care systems. He is involved in a number of local, national and international user and carer initiatives – Mental Health Ireland, the Irish Advocacy Network, the Institute for Mental Health Recovery the International Network Toward Alternatives and Recovery and the International Initiative for Mental Health Leadership. He now works as a lecturer in mental health at the School of Nursing, Dublin City University.

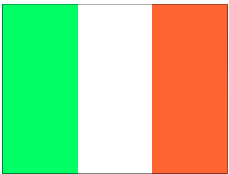
Paddy McGowan



IRELAND

Paddy is currently working as lecturer for Dublin City University, School of Nursing but hails originally from Omagh in County Tyrone. He recovered from schizophrenia with the support of other survivors and professionals and can speak authoritatively and humanely from the inside out, relying not on the presuppositions of dubious and largely unproven scientific theories, but from reflecting sensitively, honestly and often painfully on the experience of "hearing voices" synonymous with a diagnosis of schizophrenia. He was involved in organizing the first "Voices" conference in Derry in November 1999. As a member of the Institute for Recovery in Mental Health and a prominent member of the International Network Toward Alternatives and Recovery (INTAR) he is committed to creating alternatives to the medical/maintenance model. Paddy set up the first user group in Ireland in 1994 and was the founder and first Chief Executive Officer of the Irish Advocacy Network, which is heavily involved in developing peer advocacy training alongside staff awareness training in user empowerment and advocacy to an accredited degree level. He continues to lecture on mental-health advocacy and recovery-oriented approaches to severe psychiatric disability in Universities and Colleges locally, nationally and internationally, alongside facilitating training for mental-health and allied professionals, families and carers.

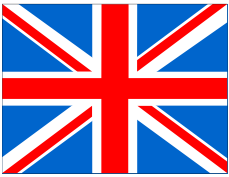
Dr David Cameron PhD



IRELAND

David is currently employed as Head of Research of Threshold a psycho-dynamically oriented Belfast-based voluntary Mental Health organization. He also works as an associate lecturer with Dublin City University School of Nursing, is published in the field of specialized psychotherapy research and clinical commentary, and a member of the International Society of the Psychological Treatments of the Schizophrenias (ISPS) and an associate group member of the Association of Therapeutic Communities. As a mental-health professional his perspective is necessarily informed by theoretical presuppositions and the best available scientific evidence, but is also firmly grounded in the lived learned experience (professional-personal) of spending some ten years working in residential therapeutic communities with people whose voice hearing experiences and associated internal and external distress were synonymous with a diagnosis of schizophrenia. This lived learned experience of bearing witness to and tolerating each of the others full "biological" cycles of ordered and disordered behaviour, madness-sanity as well as the full gamut of related human emotions has had a powerful and lasting impact on his perspective and formulation of mental-health / illness.

Dr Kwame Julius McKenzie BM MRCPsych



UNITED KINGDOM

Kwame is a psychiatrist, researcher, policy advisor and broadcaster. He has worked in the field for 19 years. He has set up award winning mental health services, has 100 academic publications and has published four books. His work spans basic science and applied policy research. He worked in Europe, the Caribbean, the UK and the United States of America.



CANADA

Until he came to Canada, Dr McKenzie sat on and an advisory group to the Secretary of State for Health Services of the British Government and was part of the team that drafted the current UK policy for improving mental health services for black and minority ethnic groups. He moved to Canada to take up a post at the Centre for Addictions and Mental Health Toronto which spans research, policy and clinical work. He is a Professor at the University of Toronto.

As a trained journalist, Dr McKenzie is an International Editor of the British Journal of Psychiatry and the International Editor of the Journal of Ethnicity and Inequalities in Health and Social Care, a contributor to the Guardian newspaper and before that wrote a column for the on line version of the Times. As a broadcaster he presented All in The Mind - a half hour program on BBC Radio 4.

Céline Cyr



CANADA

Céline from the province Quebec is a Master's student at the School of Social Work at the Université de Montréal. She works as a Trainer, teacher, provider, and is an activist and service user. Her areas of expertise are: GAM (Gaining Autonomy with Medication), alternatives and recovery, crisis intervention and the effects of trauma, secondary victimization, psychiatric medications, electroshock, and salsa dancing (in progress!).



CANADA

Ann Thompson MSW

Ann is a Recovery Educator and “survivor/ provider” trained in critical social work at York University, who is exploring the implementation of recovery principles in programs/organizations supporting consumer/survivors and family members. Ann is a certified Wellness Recovery Action Plan (WRAP) Facilitator and developed a course in “Critical Perspectives in Mental Health” in the Masters Social Work program at York University.



CANADA

Tanya Shute

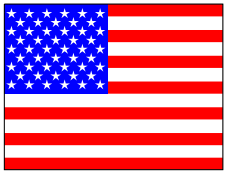
Tanya is the Executive Director of the Krasman Centre and identifies as having personal experience with mental health challenges and addictions. She has a degree from York in Public Policy and Administration, and is currently working part-time on her MSW in social policy at Laurentian University.



CANADA

Kate Storey RN

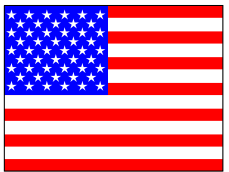
Kate is Chief of the Acute and Community Care Division at the Mental Health Centre Penetanguishene. Her experience in mental health and addiction service includes direct service, education and administration in both hospital and community settings. She is a family member and was diagnosed with clinical depression in 1980 and describes herself as “in recovery”. Kate is a registered nurse; her undergraduate degree is in Psychology and her Masters degree is in Adult Education and Counseling Psychology. Currently she is a doctoral student in the Faculty of Education at the University of Western Ontario with research interests in recovery education and empowerment. Kate is the co-lead for the “Culture of Recovery” project implemented by the Central East region, which is designed to build a strong framework of service philosophy and delivery that is recovery oriented and in which peer support and consumer/survivor empowerment will thrive.



UNITED STATES OF AMERICA

Will Hall

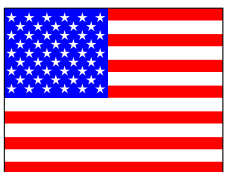
Will is the co-founder of the Freedom Center, a support, advocacy, and activist group run by and for people labelled with severe mental illnesses. Recently joined the staff collective of the Icarus Project, a national mutual aid support network of people diagnosed with bipolar disorder and related madness who challenge the idea of mental illness as disease. Was one of the founders of a new community radio station <http://www.valleyfreeradio.org/>.



UNITED STATES OF AMERICA

Dr Peter Stastny MD

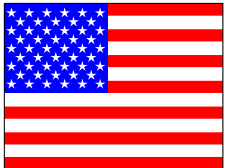
Peter conducted research on the effects of long-term institutionalization, family influence, peer support, self-help, empowerment, and advance directives. He works as a consultant and is a founding member of several user-run organizations, providing advocacy and expert testimony in many cases dealing with psychiatric malpractice and forced treatment. He is a co-founder of the International Network Toward Alternatives and Recovery and served on the Board of Windhorse Associates and the National Associations of Rights, Protection and Advocacy and is Associate Professor of Psychiatry at the Albert Einstein College of Medicine in New York.



UNITED STATES OF AMERICA

Dr Ronald Bassman PhD

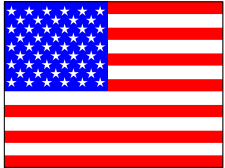
At 25, I was admitted to a psychiatric hospital for the second time in three years. Diagnosis: chronic schizophrenia; treatments: electro-shock, insulin comas and massive doses of Thorazine. After I recovered from my "treatments" and addressed the identity issues that triggered my excursion into madness, I earned my doctorate and became a licensed psychologist. My current work includes psychotherapy, consultation and University teaching. Advocacy and activism fills the remainder of my non-family time. In June 2007 I published the book, A Fight to Be: A Psychologist’s Experience from Both Sides of the Locked Door.



UNITED STATES OF AMERICA

Dr **Norma Friedman** PhD

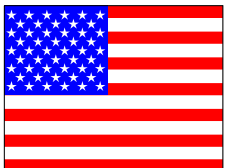
Norma Friedman has a degree in education and works as Professor of Business and Social Sciences at Indiana Tech. She is a Family member – “my brother was a consumer, but unfortunately not a survivor”. As former President of the Board of Windhorse Associates, Northampton, Massachusetts she represents the International Network Toward Alternatives and Recovery.



UNITED STATES OF AMERICA

James B. (Jim) Gottstein Esq.

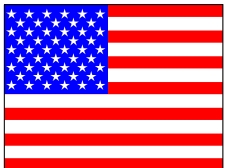
Jim is a psychiatric survivor and Harvard lawyer who has been practicing law in Alaska for 25 years, including representing or advocating for people diagnosed with serious mental illness, and establishing alternatives to the current coercive, "Medical Model" approach of psychiatry. Since founding the Law Project for Psychiatric Rights (PsychRights®) in 2002 to mount a strategic litigation campaign against forced psychiatric drugging across the United States, he has won two cases, which have been described as landmarks. His and others' efforts to create non-coercive, non-drug alternatives have yielded Soteria-Alaska, and CHOICES, Inc., two peer operated programs in Alaska. Mr. Gottstein is most known round the world for subpoenaing and releasing the Zyprexa Papers to the New York Times documenting Eli Lilly's suppression of information regarding Zyprexa causing diabetes and other metabolic problems.



UNITED STATES OF AMERICA

Oryx Cohen MPA

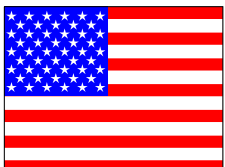
Oryx is a leader in the international consumer/survivor/ex-patient (c/s/x) movement. Currently he is the Co-Director of the Western Massachusetts Recovery Learning Community. He has helped to spearhead an innovative peer-run approach focusing on recovery, healing, and community. Oryx is also the co-founder of Freedom Center, the Pioneer Valley's only independent peer-run support/activist organization. He serves on several boards and committees internationally, nationally and regionally, including the National Association for Rights Protection and Advocacy (NARPA) and the International Network Toward Alternatives and Recovery (INTAR). Oryx volunteered for several years with MindFreedom International, directing its Oral History Project, which involved collecting and documenting c/s/x stories of abuse, empowerment, recovery, and resistance in the mental health system.



UNITED STATES OF AMERICA

Ron Unger LCSW

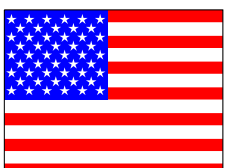
Ron is an activist promoting human rights in the mental health field, and also a therapist specializing in cognitive therapy for psychosis. He has given numerous workshops about cognitive therapy and other psychosocial approaches to psychosis, and on trauma and its relationship to psychosis. He has also both experienced and lectured on the connections between spirituality, creativity, and "madness," and enjoys exploring the positive potential present in troublesome states of mind. His workshops emphasize simple, practical, and humanistic ways of understanding and relating to human difficulties that are all too often perceived as being "beyond understanding."



UNITED STATES OF AMERICA

Voyce Hendrix LCSW

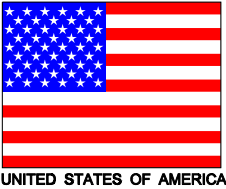
Voyce is a Licensed Clinical Social Worker and a Licensed Psychiatric Technician. He has worked as the Assistant Director with the Institute for Psychosocial Interaction. He was the Clinical Director with the Soteria Project (as part of the Mental Research Institute). He is the Director and Founder of the Soteria Alternative Family Education (SAFE) Project with the Mental Research Institute. He is also a producer and writer with WORT Radio, Madison, WI and a professional musician.



UNITED STATES OF AMERICA

Darby Penney

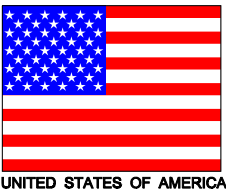
Currently a Senior Research Associate with Advocates for Human Potential, Inc., Darby was Director of Recipient Affairs at the New York State Office of Mental Health for nine years, where she brought the perspectives of people with psychiatric disabilities into the policy-making process. She was instrumental in creating the first peer specialist civil service positions in the US and in bringing people with psychiatric histories into the mental health workforce in a variety of roles. With Peter Stastny, she is co-author of 'The Lives They Left Behind: Suitcases from a State Hospital Attic' (Bellevue Literary Press, 2008).



UNITED STATES OF AMERICA

Stephen Pocklington

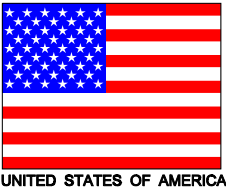
Stephen is the executive director of the Copeland Center for Wellness and Recovery, which promotes personal wellness and community empowerment. As a person with lived experience with both mental health and substance challenges, Stephen has also been a leader in advocacy in North Carolina, bringing WRAP (Wellness Recovery Action Plan) to his state and helping to establish peer support and self-advocacy groups in his community and around the state. Stephen was a co-developer of North Carolina's first peer support crisis alternative program and is still a peer advisor there. Stephen was formerly the deputy director of a public multi-county, multi-service human services agency that provided mental health, substance abuse and developmental disability services. As deputy director, Stephen led his agency's transformation into being a leader in recovery education and a provider of recovery-oriented services in North Carolina. Stephen has provided keynote addresses and conducted workshops and institutes on WRAP™, Recovery and Peer Support across the US (20 states), as well as Canada, England, Ireland, Japan, New Zealand and Scotland. Stephen is married to the woman of his dreams; he has three wonderful daughters, two gifted stepsons, and two amazing grandsons who are his favourite wellness tools.



UNITED STATES OF AMERICA

Celia Brown

Celia is a psychiatric survivor who was instrumental in developing the first peer specialist civil service title in the country. A long-time activist and leader in the psychiatric survivor movement, she serves on the board of the National Association for Rights Protection and Advocacy (NARPA), and was a founding member of the National People of Color Consumer/Survivor Network. Celia is Board President of MindFreedom International and serves as the organization's primary representative to the United Nations on the International Convention for the Human Rights of People with Disabilities. With other ex-patients and allies, she was a founder of the International Network Toward Alternatives and Recovery (INTAR), which held its first meeting of alternative practitioners and psychiatric survivors in 2004. Celia has presented nationally and internationally on topics such as self-help, peer counselling, crisis intervention, advocacy and human rights, trauma and cultural competency.



UNITED STATES OF AMERICA

Molly Sprengelmeyer

Molly is the co-founder of the Asheville Radical Mental Health Collective, providing mutual aid and support since 2005. She recently founded a non-profit that promotes and supports various peer initiatives, while providing a community active space for people to be, belong and become, fostering community, creativity and collaboration. She has worked as a front-line social service worker for over 20 years in various settings and currently sits on numerous local civic boards and committees. She is passionate about the arts and the environment and their place in the healing/recovery process.



UNITED STATES OF AMERICA

Eric Friedland-Kays MA

For the past 8 years, Eric Friedland-Kays has been a Senior Clinician with Windhorse Associates in Northampton, Massachusetts, working with clients, families, staff, and the states and depths of his own mind. He has practiced Vipassana meditation for nearly 15 years. He has a parent he loves very much who has struggled with extreme states of mind.



UNITED STATES OF AMERICA

Anne Marie DiGiacomo MSW

Anne Marie has been working in human services and community mental health since 1977, receiving her Masters of Social Work in 1986. Since 1996, she has worked at Windhorse Associates and Windhorse Community Services in the position of Clinical Director, Co-Executive Director, Admissions Manager and Senior Clinician. Anne Marie is a practicing Buddhist and brings a contemplative perspective to her work as a psychotherapist and Sandplay Therapist.

The Leadership Project and the
International Network Toward Alternatives and Recovery

Present

International **RECOVERY** Perspectives:
Action on Alternatives

Critical and Creative Exploration of
Groundbreaking Approaches in Mental Health Recovery

Hart House – 7 Hart House Circle
University of Toronto - Toronto – Ontario

Thursday, June 5 and Friday, June 6, 2008

Registration Form

Daily Workshop and Event Preferences (Subject to change)

Checkmark your initial preferences for workshops you are most likely to attend (workshop descriptions to follow)

International RECOVERY Perspectives – Action on Alternatives – Thursday, June 5, 2008		
8:00 – 9:00 am	Registration	
9:00 – 9:45 am	Introduction and Keynote: Surviving, Thriving, Giving Back! - Ron Bassman	X
9:45 – 11:00 am	Panel and Plenary: Deconstructing Psychosis: New Perspectives on Psychosis and Alternatives	X
11:15 – 12:15 pm	Workshop 1: The Icarus Project: Creating Mutual Support Communities	
	Workshop 2: Wellness and Recovery: It's a WRAP	
	Workshop 3: Family and Community Roles in Alternatives	
12:15 – 1:15 pm	Lunch	X
1:15 – 2:45 pm	Workshop 4: Subjective Experiences of Psychosis	
	Workshop 5: Values, Culture and Mental Health	
	Workshop 6: Peers in the Workplace: Realizing the Potential	
3:00 – 4:30 pm	Workshop 7: Alternatives/Recovery Beyond Psychiatry/Potential of Non-Psychiatric Services	
	Workshop 8: Soteria – The Proven Model for Recovery Communities	
	Workshop 9: The Trialogue Experience: Consequences for Illness-Concept and Daily Practice	
4:30 – 6:00 pm	Social Event: Get together and Networking	X
International RECOVERY Perspectives – Action on Alternatives – Friday, June 6, 2008		
9:00 – 10:30 am	Panel and Plenary: Making a Difference Early On: Alternatives and Prevention	X
10:45 – 12:15 pm	Workshop 10: Building a Culture of Recovery in Central East Ontario	
	Workshop 11: Advocacy and the Transformation Triangle	
	Workshop 12: Relational-Recovery Oriented Perspective of the Psychotic Experience	
	Workshop 13: Practical, Respectful, Evidence-Based Psychotherapy: The Cognitive Approach	
12:15 – 1:15 pm	Lunch	X
1:15 – 2:45 pm	Workshop 14: Windhorse and Natural Teams	
	Workshop 15: Consumer/Survivor Controlled Research: from Experts by Experience to Experts	
	Workshop 16: Harm Reduction Guide-Psychiatric Drugs / Gaining Autonomy with Medication	
	Workshop 17: Learning Together, Changing Together: Cooperating to Improve Services	
3:00 – 4:00 pm	Workshop 18: First Admission: Treatment or Trauma?	
	Workshop 19: Indigenous Healing as a Self-Recovery Method	
	Workshop 20: Acupuncture	
	Workshop 21: Creating Public-Funded Peer-Run Alternatives with Integrity	
4:00 – 5:00 pm	Closing Panel and Plenary: Action on Alternatives	X

To complete the Registration form, read and sign the Registration Policy (next page)

First Name		Last Name	
Organization		C/S	Family
Street		City	Province
			Postal Code
Phone		E-Mail	

How to Register and Registration Policy

Full Conference Registration Fee for June 5 and 6, 2008 \$ 300.00 per person

Discounts for a limited number of consumer/survivors and families are available;
\$50 for consumers/survivors on a fixed income; **\$150** for employees of the Consumer/Survivor Initiatives

Attach a cheque payable to: Alternatives

Mail registration(s) and cheque(s) to:

Alternatives, Recovery Conference, 2034 Danforth Avenue, Toronto, ON M4C 1J6

I enclosed a cheque for \$ _____ and registration forms for ____ People.

Please review the conference program. Proceed with the registration process by choosing the workshops you would like to attend. The **Registration fee** covers all conference materials, workshops, two lunches and all refreshment breaks. Mail your Registration and the attached cheque. Your registration will not be confirmed until payment is received. We need a registration form for each individual attending the conference (please copy).

Cancellation Policy: Refunds will be issued for cancellations made in writing prior to May 15, 2008, subject to a \$ 30.00 processing fee. No refunds will be honored after May 15, 2008. Delegate substitutions are welcome. In the event of unforeseen circumstances, the Conference Planning Committee reserves the right to reschedule, relocate or cancel the conference. (Refunds will be issued after expense

I have read, understand and accept the terms and condition of this Registration Policy, including the Cancellation Policy.

 (Signature)

Food Restrictions (Please indicate)		Yes	No
What:			

The **RECOVERY PSY'COZY'UM 2008**, a **free Consumer/Survivor only Pre-Conference Day** will be held on **Wednesday, June 4, 2008** at May Robinson Auditorium, 20 West Lodge Avenue in Toronto. For more information about the 'Recovery Psy'cozy'um contact: heinz_klein@hotmail.com

**For more conference information contact:
 Brian McKinnon at bmckinnon@iprimus.ca or 416 285 7996 extension 227.**

Community Resource Connections of Toronto, Alternatives and the Family Outreach and Response Program are sponsoring this conference.